(TMI Focus, Vol. XXI, No. 1, Winter 1999)

QUARTERLY TAPE

Scanning the Band

In his books and his intimate chats with program participants, Robert Monroe often referred to the "spectrum of consciousness." His favorite metaphor for movement along that spectrum was changing the radio station or television channel. Think of this Hemi-Sync exercise as the ultimate remote control for *Scanning the Band* and moving beyond physical matter perception. Linger and enjoy your favorite vibrational state.